

## If I'd Known *Then* What I Know *NOW*...

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Support

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## I speak from experience...

- Cottie Jeanne
- Started College in August, 2009
- Came home (in tears!) February, 2010

**WAS IT REALLY ALL  
MY FAULT???**




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## It was EXACTLY the right school...



- Small
- Student focused
- Her grades put her above average for entering class
- They knew all about her disability and they were ready to try!

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### She Had EXACTLY The Right Preparation

- Graduated with a 3.65 GPA from a highly competitive high school
- Had been in “adjusted” classes throughout school, but always at the top -- never struggled
- Had taken a full “college prep” curriculum

**SO WHAT HAPPENED???**

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### The “living” was easy (in spite of my worries!)

- Great prior planning made room/roommates/attendant care/dorm life easier than expected
- Communication with peers was straightforward; with college personnel????
- Lots of things that worked in the dorm didn’t work in the classroom!

**SO WHAT HAPPENED???**

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### Lessons learned the hard way...

- Documentation of disability lacks narrative value regarding student’s everyday challenges
- Understand the COST involved in not finding a way to provide the valuable information you hold
- Latest and greatest technology isn’t always best -- and it does no good at all if it doesn’t get used!

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- Getting good grades and being a good (independent) student are two different things

– Weaning from an IEP mentality is **HARD!**

- Turning in assignments on time
- What to do if you are late to class
- How to approach faculty
- How to explain your disability/needs
- How to break up assignments into small pieces
- How to recognize when you are in trouble
- How to ask for help!!!

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### General concerns...

- Course loads translate differently - 12 hours for first-semester freshman is a VERY good idea
- Lots of adjustments -- not all academic
- Ease into new rigors and expectations
- Increased incidence of illness
- Increased risk of anxiety/depression

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### General concerns (cont.)

- Difficulty making friends
- TOO MUCH freedom (no external boundaries)

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### TEN THINGS THAT WILL TAKE YOU DOWN...

- 1. Not attending classes
- 2. Failure to organize your time
- 3. Facebook/Social Media
- 4. Failure to read material BEFORE class
- 5. Fraternities and Sororities

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### TEN THINGS (continued)

- 6. Failure to communicate with your profs (they can't read minds)
- 7. Failure to use resources available
- 8. Alcohol
- 9. Heavy or disproportionate course loads
- 10. LACK OF SLEEP!

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### THINGS I WOULD DO DIFFERENTLY...

- I would cut back on her aides in HS (or at least, configure their responsibilities differently)
- I would give her some experience in academic problems/failure
- I would explain more to her about why/what I was doing on her behalf

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I would spend a lot more time  
with my mouth shut and my  
fingers crossed!!!

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